



# High Ridge YMCA GYM SCHEDULE

February 3-April 14, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	Open 5am					Open 6am	Opens 7am
5:15		Open Gym 5:00-10:15am	Open Gym 5:00-7:15am	Open Gym 5:00-7:45am	Boot Camp 5:30 - 6:15am		
5:30	Boot Camp 5:30 - 6:15am						
5:45							
6:00							
6:15						Open Gym 6:00-7:45am	
6:30	Open Gym 6:30 - 8:45am				Open Gym 6:30 - 7:15am		
6:45							
7:00							
7:15							
7:30						Open Gym 7:00-10:15am	
7:45			Yoga Basics 7:30 - 8:45am		Yoga Basics 7:30 - 8:45am		
8:00				Zumba 8:00 - 9:00am			Body Pump 8:00 - 9:00am
8:15							
8:30							
8:45							
9:00							
9:15	Body Pump 9:00-10:00am		Body Pump 9:00-10:00am		HIIT 9:00-10:00am		
9:30				Cardio Kickboxing 9:15am-10:15am		Zumba 9:15-10:15am	
9:45							
10:00							
10:15							
10:30	Silver Sneakers Classic 10:15-11:15am	Zumba Gold 10:30-11:15am	Silver Sneakers Classic 10:15-11:15am	Silver Sneakers Yoga 10:30-11:30am	Silver Sneakers Classic 10:15-11:15am	Yoga 10:30-11:45am	Zumba 10:30-11:30am
10:45							
11:00							
11:15							
11:30							
11:45							
12:00						Open Gym 12:00-4:45pm	Open Gym 11:45a-2:00pm
12:15							
12:30							
12:45							
1:00	Open Gym 11:30a-3:00pm	Open Gym 11:30a-3:00pm	Open Gym 11:30a-3:00p	Open Gym 11:45a-3:00p	Open Gym 11:30a-3:00p		
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15	Head Start 3:00 - 4:00pm	Head Start 3:00 - 4:00pm	Head Start 3:00 - 4:00pm	Head Start 3:00 - 4:00pm	Head Start 3:00 - 4:00pm		Family Open Gym 2:15 - 4:45pm
3:30							
3:45							
4:00							
4:15	After School 4:00 - 5:00pm	After School 4:00 - 5:00pm	After School 4:00 - 5:00pm	After School 4:00 - 5:00pm	After School 4:00 - 5:00pm		
4:30							
4:45							
5:00							
5:15	Basketball Class 5:15 - 6:00pm	Open Gym 5:15 - 6:15pm	Soccer Class 5:15 - 6:00pm	Open Gym 5:15 - 6:15pm	Open Gym 5:15 - 8:45pm	Close 5 p.m.	Close 5 p.m.
5:30							
5:45							
6:00							
6:15	Youth Fitness Class 6:15 - 7pm					Color Key	
6:30		Tabata 6:30 - 7:15pm	Open Gym 6:15 - 7:15pm	Tabata 6:30 - 7:15pm		Fitness Class	Open Activity
6:45						Youth Program: Registration Required	
7:00						Family Gym - Adult and Child	
7:15							
7:30	Body Pump 7:00 - 8:00pm						
7:45		Yoga 7:30 - 8:30pm	Body Pump 7:30 - 8:30pm	Yoga 7:30 - 8:45pm			
8:00							
8:15							
8:30						Facility Hours	
8:45						Mon.-Thurs.	5am - 10pm
9:00	Open Adult Volleyball 8:15 - 9:45pm					Friday	5am - 9pm
9:15		Open Gym 8:45 - 9:45pm	Open Gym 8:45 - 9:45pm	Open Gym 9:00 - 9:45pm	Close 9pm	Saturday	6am - 5pm
9:30						Sunday	7am - 5pm
9:45						GYM closes 15 minutes prior to Facility	
10:00							